



## ROCKLAND HARBOR YMCA 2020 LUNCH TIME FESTIVITIES

Be sure to stick around during our Saturday lunch break and compete in the LUNCH TIME FESTIVITIES. This is a series of competitions that give all the children on your team a chance to compete for an individual trophy. While the children are not competing they can grab a bite to eat at our concession stand.

The 4 different events include a three point shooting contest, a passing skills competition, a skills course competition, and a foul shooting competition. Since this is designed to get all players involved...

**Each player is limited to participating in one event only.**

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### **3 POINT CONTEST**

Each shooter will have 45 seconds to shot 12 balls (4 balls from 3 different locations) and don't forget the all important MONEY BALL (the last ball from each rack) worth 2 points. The three point shooting contest is an individual event. The 3 Point Contest is limited to 3 people from each team.

### **PASSING SKILLS COMPETITION**

The passing skills competition contest has a target you must pass balls into. Run much like the 3 point contest, competitors will have 45 seconds and 12 balls (4 balls from 3 different locations) and yes the money ball comes into play again. Both chest and bounce passes will be used. The passing skill competition is an individual event. The 3 Passing Skills Contest is limited to 3 people from each team.

### **SKILLS COURSE TIMED COMPETITION**

New to the tournament this year we present our skills course competition. The course will combine shooting, dribbling, passing, and lay-ups in a small obstacle course style event. Players will be timed in the first round to see who can complete the course the fastest. Speed, agility, and most of all skill will be tested in this fun event. The Skills Course Competition is limited to 3 people from each team.

### **FOUL SHOOTING COMPETITION**

And last but not least is the foul shooting competition. This is a classic foul shooting event in that each player will shoot 10 foul shots. The player who makes the most wins. In the case of a tie the competitors will shoot 5 more until a champion is decided. The foul shooting competition is an individual event. The Foul Shooting Contest is open to all players not competing in another event.